



The Buzz

DPC COMMUNITY CENTER 50+

South Washington County Schools - March & April 2019



Excelsior History & Lafayette Club

Thursday, April 4, 2019

Tour the historic town of Excelsior. "The Grand Old Lady of the Lake" is set on a hilltop overlooking Lafayette Bay. Presidents entertained diplomatic missions, and the famous sampled its beauties and have sung its praises over the years. There is a guided tour of this quaint village, on the shores of Lake Minnetonka which was the major port for steamboats in days gone by. Shop at the quaint unique stores along Water Street in downtown Excelsior. Lunch included at the Lafayette Club. Bus leaves at 10AM.

SR0404 | Thursday | April 4

Members \$69.00 | Non-Members \$74.00

"Red Herring" Sidekick Theatre & Museum

Wednesday, May 8, 2019

It's 1952: American's on the verge of the H-bomb, Eisenhower's on the campaign trail and Sen. Joe McCarthy's daughter just got engaged to a Soviet spy. A sharp-eyed look at love and tying and untying and retying the knot. Tour the historic Masonic Museum and Library on the 2nd floor. Six galleries showcase the history of Masonry in Minnesota. Bus leaves at 10:45AM.

SR0508 | Wednesday | May 8

Members \$71.00 | Non-Members \$76.00

"Mama Mia" Chanhassen Dinner Theatre

Wednesday, June 26, 2019

One mom. One daughter. Three possible dads. And a trip down the aisle you'll never forget. ABBA's hits tell the hilarious story of a young woman's search for her birth father. This sunny and funny tale unfolds on a Greek island paradise. On the eve of her wedding, a daughter's quest to discover the identify of her father brings three men from her mother's past back to the island they last visited 20 years ago. The story-telling magic of ABBA's timeless songs propels this enchanting tale of love, laughter and friendship, creating an unforgettable show. A large cast, non-stop laughs and explosive dance numbers combine to make *Mama Mia!* a guaranteed smash hit.

Bus leaves at 10:40 AM

SR0626 | Wednesday | June 26, 2019

Members \$90.00 | Non-Members \$95.00



Trolley Tour of Rochester

Wednesday, July 17, 2019

Board a vintage trolley for a narrated tour of Rochester. The open-air vehicles give you an up close view of public parks, gardens and private homes. After the tour we will travel to Mantorville. Have lunch at the historic Hubbell House. Choose from Roast Beef or Hubble Baked Chicken served with salad, starch, vegetable, rolls, butter, beverage and sherbert. Must indicate entree choice at time of registration. After lunch we will visit a couple privately owned stores. Bus leaves at 8:00 AM

SR0718 | Wednesday, July 17

Members \$73.00 | Non-Members \$78.00

St. Croix Winery Tour

Thursday, September 26, 2019

Visit the St. Croix Winery Store in Stillwater. Purchase award-winning local wines, grown and vinted in the orchard. Aamodt's Apple Farm is adjacent. You can shop in their nostalgic apple barn. Lunch will be the Lowell Inn. The menu will be Chicken ala King, mashed potatoes, vegetable, beverage and small dessert. Our next stop will be Northern Vineyards. You can purchase wines and other special gifts. Our final stop will be at the Chateau St. Croix Winery near St. Croix Falls. Tour the winery production area and barrel room before having the opportunity to purchase their wines. Bus leaves at 9:45 AM

SR0926 | Thursday | September 26, 2019

Members \$75.00 | Non-Members \$80.00

DPC Community Center Information

Please **THANK** our Advertisers!

Let's show our appreciation for their support in making this "BUZZ Newsletter" available.

Staff

Rebecca Kropelnicki,
Marketing & Intergenerational
Activities Coordinator

Phone651-425-6651

E-mailrkropeln@sowashco.org

Jane Goers, DPC Community Center
Office Coordinator

Phone651-425-6652

E-mailjgoers@sowashco.org

Receptionist

Phone..... 651-425-6650

Web site.....www.sowashco.org

Defensive Driving Classes for 10% discount on your auto insurance

Phone1-888-234-1294 for dates/times

Community Members

CEAC Representative: Mary St. Vincent

Members: Jeanette Burfeind, Betty Orme, Hjordes Starkson, Gail Biron, Pat Burdorf, Lorena Kime, Margo Monsour, Sue Abrahamson, Mary St. Vincent.

Anyone is welcome to join this group for discussions and ideas on new programming. Please let Rebecca know or give her a call at 651-425-6651.

Senior Service Needs?

Where Do You Start? Senior LinkAge Line

Trained staff and volunteers can connect you to resources such as: help in managing your health care, resources for seniors with disabilities, low cost legal assistance, support for caregivers, meals-on-wheels, etc.

1-800-333-2433

DPC MEMBERSHIP - SR2019 - Sign up now for 2019

*Become a member of the DPC Community Center serving
Cottage Grove, Newport, St. Paul Park and Woodbury.
MEMBERSHIP through December 2019.*

Visit our website, www.cecool.com. \$15 a year.

Members receive discounts on day trips, newsletter mailed to your home and special invitations to events.



Name _____

Address _____

Phone _____ Cell _____

Birthdate _____ Email _____

Emergency Contact _____ Daytime Phone _____

Doctor/Clinic _____

Mail to: Community Education - DPC Community Center
8400 E Point Douglas Road • Cottage Grove, MN 55016
Phone: (651) 425-6650 ~ Fax: (651) 425-6620 ~ www.cecool.com

Travel. Taking Chances. Discovering Warmth



What a trip it was. My daughter Jessica, who turned 40 this last December, announced that she is throwing a birthday party for herself and it would be in Florida! After thinking about the invite, we decided that it really was a good idea to get out of Minnesota in the winter months for awhile. My son, Kyle's family joined in on the idea and plans started to take shape. Jessica rented a condo next to the ocean and backed up to a waterpark. We looked at the pictures and reviews and booked it.

I was talking with my husband Doug and said, "Maybe we should drive down and meet the kids and grandkids and stay an extra week to drive the Gulf Coast." What he heard was... "We should buy an RV and travel to unknown places and campgrounds for five weeks." You have heard about the book, *Men are from Mars and Women are from Venus*. "Nailed It."

Doug started looking at 5th wheelers, motor homes and pull behind RV's. I was not keen on the idea and thought the idea would just go away if I seemed uninterested. Not to be so, we looked at RV's fairs, dealers and ended up buying a 30' rig. How did this happen? How did it go from an extra casual week to a five week nightmare for me? We started to plan the route. Actually, he did all the work.

The first few days were rough. Long days just to get out of the cold so we could un-winterize the RV. Finally, arriving in Nashville after a 10 hour day, it was cold, dark and we were tired and a titch crabby. (Me, not him.) However, Handyman Doug got it all set up, hooked up and cozy warm. Things were looking up.

After the few first horrible days, we met up with our children in 75-80 degree weather. We had a fabulous time with the kids and enjoyed ever second. We swam in the ocean in Florida, walked the white sand beaches of Alabama, rocked out in New Orleans and enjoyed the amazingly beautiful state parks.

Were there all great days? No, but 99% of it was new to us and really wonderful. We saw beautiful mountains and rivers and can't wait to do it all again...thumbs up to trying new things! - *Rebecca Kropelnicki*

BUZZ Cafe' is Dementia Friendly

Beginning last May, there has been a new community forming at the DPC Community Center. People who have been living with Dementia or Alzheimer's Disease along with their caregivers are welcome to join this fun-loving group.

Starting at noon, we meet for a light lunch and beverage. We enjoy conversation and entertain any new ideas people want to share.

After lunch, there is movement or physical activity that gets our bodies and minds active. We have tried bean bag toss, Tai Chi, balloon toss and bowled with the Wii game.

Next comes an activity to keep us in conversation and stimulate the creative side. We had a piano sing-a-long, made greeting cards, planted flowers and trees and made a soft pillow. We take our time, help one another and enjoy every minute. Last, but always best, dessert is served before we set the next date.

Please call for reservations, space is limited. Caregiver must remain for the entire event. Cost is \$4 to cover the lunch. You must call Rebecca to attend, 651-425-6650 to register.

2nd Wednesday of the Month | noon



NEW BYOFF

We are replacing the Ladies Lunch out with a new idea. Bring Your Own Favorite Food (BYOFF) to our monthly potluck for not just the ladies...for everyone.

The fourth Wednesday of each month everyone is invited to participate in a potluck luncheon. Sign up at 651-425-6650 and let us know what you will be bringing.

March 27, 2019

April 24, 2019

May 22, 2019



4th Wednesday of the Month | 11:30AM

BYOFF replaces Girls Out to Lunch

Computer Classes are Free - Register Early

DPC Community Center in partnership with the Washington County Library

Tuesday, March 12 - Device help on your iPhone, iPad, smartphone, tablet or laptop. Bring your device and questions to a qualified instructor.

Tuesday, April 9 - 3D Printing - Learn the basics of how to work with 3D printers and see a 3D printer in action.

Tuesday, May 14 - Device help on your iPhone, smartphone, tablet or laptop. Bring your device and questions for help.

Tuesday, June 11 - Summer Reads: Getting free eBooks from the library.

Classes held at 3:00 PM at no cost, however, registration is requested at 651-425-6650.

All classes are held at the DPC Community Center.

OR Call the Cottage Grove Library for a free one-hour help session on phones, computers, tablets or other technology at 651-459-2040.

Card Classes

Learn how to create those beautiful cards you see in the stores for \$5-7 each. There are layers, choices of colors and stamps for you to choose from. We are creating a new group of interested takers for Wednesday, March 20, April 17 and May 15 at 1 PM to learn how to make layered, stamped cards. Roberta and Gerry are willing to share their talents and show you how. All materials and equipment is supplied. Come and check out this class. Make and take 5 cards.

Cost is \$7 per person.

Pre-register at 651-425-6650. Sign up!

Need Card Makers Recycle Card Group

Volunteer card makers are needed for this important fundraising project. They meet on the first Monday of the month from 9:30 AM to 11:30 AM. There are trained card makers here that are willing to show you how to put together these fun cards. We supply all the materials.

1st Monday of the Month | 9:30 AM

Resources Available

Notary Public - Jane is a not only fabulous, she is also a notary and able to offer this service free to Senior Center Members.

Please call 651-425-6652 for an appointment.

Senior Law Project - Please call the screening line at Southern Minnesota Regional Legal Services at 651-222-4731.

Monday - Friday, 9:00 a.m. - noon or 1:00 - 3:00 p.m.

Transit Link - Rides to the Center are available by appointment only. Call Transit Link at 651-602-5465.

Senior Resource Directory - This resource directory is available FREE of charge at the Center.

Equipment Loan Program - The following items may be borrowed from the Center on short term basis at no fee: wheelchair, cane, walker. Call 651-425-6650 for availability.



Project GO at Cottage Grove Elementary brought grandparents from as far away as Chicago. The DPC Community Center brings volunteer grandparents for all 60-3rd grade classrooms in the district. Project GO is an inter-generational activity where students work with volunteers and family members learning the life-skill of handsewing their favorite t-shirt into a fluffy pillow keepsake. If you would like to join this exciting adventure please contact Jane at 651-425-6652.

Marketplace of Learning Classes! Saturday, March 30, 2019 – Cottage Grove Middle School

Register online with www.cecool.com

Large Mail Basket - Hang this on the wall or your front porch door. You'll love having a handy and decorative way to collect all of those necessary envelopes. Plan to pay a \$30 kit fee to the instructor.

AD23471 \$25 8:30 - 11:30 AM

Combined CPR, AED and First Aid Training for Adults, Children & Infants - Receive the skills necessary to recognize and provide basic care for breathing, cardiac emergencies and first aid.

AD24131 1 session \$99 8:30 - 3:00 PM

One Stroke Flower - Discover how to create beautiful flower paintings in acrylic paint using only one stroke for each petal or leaf.

AD22251 1 session \$21 8:30 - 11:30 AM

Get Paid to Read! Record Audiobooks Via the Internet - Audiobooks is a multi billion dollar industry, and 78% of the recorded books are made by ordinary people. Find out how!

AD24231 1 session \$39 9:30 - 11:30 AM

Want to Publish Something You've Written? Turn It into a Print Book and an ebook. - Learn about every stage of the self-publishing process—creation, production, conversion to an ebook, costs, royalties, marketing and sales—using time-honored, traditional, and cutting-edge strategies.

AD25181 1 session \$29 9:30 - 11:30 AM

Posture, Get it Straight! Look 10 Years Younger, 10 Pounds Thinner & Feel Better Than Ever

Learn exercises that correct common posture problems and you will learn an 'Instant Alignment Technique' that will have you standing straighter immediately.

AD24591 \$39 10:00 - 11:30 AM

Health Care For Seniors – What You Want To Know - Turning 65? Already there? How do the government programs work? What are parts A, B, C & D?

AD26781 \$10 10:00 - 11:30 AM

Rosemaling - Become introduced to the traditional Norwegian art form known as Rosemaling.

AD22261 \$21 12:30 - 3:30 PM

Crepes: The "Do Ahead Wrap" - Crepes are an easy, impressive dish. Prepare Chicken Divan, Cheese Blintzes with an apricot sauce, Mushroom Crepes with Sherry Sauce, Orange Crepe Suzette, Italian and Sicilian Cannoli, Flaming Crepes and more!

AD28241 \$39 12:30 - 3:30 PM

These Adult Enrichment Courses are offered by Community Education

Register on-line at www.cecool.com or at the District Program Center.

Call Gretchen at 651-425-6605 for more information.

Where Do You Want To Go?

USA

Albuquerque Balloon Festival
America's Heritage: Philly, Gettysburg & Williamsburg
Canyonlands of the Southwest
New England Fall Foliage
New Orleans: The Big Easy
New York City : The Big Apple
Savannah, Charleston & Asheville
Tournament of Roses Parade
Yellowstone & The Grand Tetons

Cruises

Alaska: Land & Sea
Islands of Hawaii - 4-Island Cruise & Tour
NEW! Danube River Cruise
NEW! Rhine River Cruise

Canada

Nova Scotia & Maritime Provinces

International

NEW! Costa Rica: Tropical Adventure
NEW! Highlights of Britian
NEW! Heart of Europe - Oberammergau (2020)
NEW! Iceland: Land of Fire & Ice
Iceland: In Search of Northern Lights
Ireland: The Emerald Isle



Happy
St. Patrick's
Day

DPC Community Center Activities



Pat and Kathy are lifelong friends who drove bus for District 833 for years! Now they volunteer every Monday for BUZZ Coffee.

Thanks so much ladies!

Lighten UP! Diet Secrets

What a Bargain!

Group meets every Tuesday to weigh in and share the latest diet secrets and trends. No need to register, just come to lighten up! Cost is \$. 30 per session or \$1 per month.

Tuesdays | 9 AM

Hand & Foot

If you enjoy Canasta, you will want to check this out. Teachers are available to show you how to play.

Thursdays | 12:30 PM

Euchre

A favorite among card games, the same color Jacks are the high cards. Plays a little like '500' but with less cards and a faster pace.

Fridays | 9:30 AM

Farkle Dice Game

A fun dice game that you can enjoy and learn easily! Come and shake! There are teachers and a lucky roll can make you the next winner!

Mondays | 10:15 AM | NEW TIME

Dominoes

Come and learn Mexican Train from our volunteer instructors. Social fun and great conversations.

Tuesdays | 1 PM

Wednesdays | 9:30 AM

Pinochle

Pinochle is still one of the country's most popular card games. The basic game of Pinochle is Two-Handed Pinochle, which is derived from the European game Bezique. Cost is \$.50 per session.

Tuesdays | 9:30 AM

Bunco - Super Fun Dice Game

This dice game comes with lots of laughs and great way to meet new people. It is easy to learn and there are plenty of people to teach you.

Great desserts too!

1st & 3rd Friday of the month | 9:15 a.m.

Stitchin' & Laughing

What is your craft? Bring it along and enjoy this fun group who learns from one another by sharing craft secrets.

Wednesdays & Thursdays | 9:00 AM

'500' Cards

Played as a round robin card game, this is a social event that brings your neighbors together. Check it out! Cost is only \$.50 per player.

Fridays | 1 PM

Recycle Greeting Cards

There are donated cards that are recycled and made new by this creative group. We are always looking for more help.

1st Monday of Month | 9:00 AM

Bridge

Do you love this challenging game? The name of the game is Party Bridge.

Wednesdays | 12:30 PM

Mah-Jongg

Mah-Jongg, a popular game and a wonderful BRAIN exercise, has been attributed as an activity that helps to prevent memory loss symptoms. There is always a teacher on site.

Tuesdays | 12:30 PM

Music Jam

Bring an instrument, come to dance or enjoy listening with your friends. \$1 suggested donation.

Thursdays | 2:30 PM

Cribbage

This board and card game stays interesting because it is the luck of the deal along with some skill. You can join the challenge as an amateur or as a seasoned player.

Wednesdays | 1 PM

BINGO

Come and try your luck! The cost is \$.10 a card or three for \$.25.

Mondays | 1:30 PM

Services at the Center

Grief Group

If you are grieving and suffering from any loss, you are welcome to meet with this group on the 1st & 3rd Monday of the month.

1st & 3rd Monday | 6:30 PM

Diabetes Group Discussion

Join other seniors who are coping with and learning new information about living with Diabetes.

3rd Tuesday | 6:30 PM

Foot Care by Ginny

Ginny is a registered nurse who specializes in foot care.

1st Tues & Fri of Month

3rd Thursday | \$23 per session

By appointment only at 651-425-6650

Wonderful Volunteer Opportunities

Conversation Club is an opportunity to meet and learn about different cultures and help people from around the world to improve their English speaking skills. You can learn so much by chatting about everyday events and interesting sites to see. The group meets at the DPC Community Center from 6:30 PM to 7:30 PM.



March 26

April 30

June 5



Call Great Rivers ACCESS for more information - Adult College Career English Skills Services at 651-425-6634.

Book Club

Are you interested in reading? Join our book discussion group on the **2nd and 4th Tuesday of the month at 1 PM**. Read what you like and choose the books that interest you and join the discussion.

2019

Mar 26	Varina
April 9	Safe from the Sea
April 23	The Great Gatsby
May 14	Call Me American: A Memoir
May 28	Sing, Unburied, Sing
June 11	Conan Doyle for the Defense:
June 25	A Rule Against Murder



Charles Frazier
Peter Gaye
F. Scott Fitzgerald
Abdi Nor Iftin
Jesmyn Ward
Margalit Fox
Louise Penny

Driver Improvement Program

SAVE 10% on Auto Insurance

The DPC Community Center is partnering with Minnesota Highway Safety and Research Center / AAA to offer driver improvement courses for mature drivers. As with all driver improvement courses sanctioned by the State Department of Public Safety, drivers over 55 may be entitled to a 10% discount on their auto insurance.

An eight-hour course is initially required, followed by a four-hour refresher class every three years.

A limited number of walk-in registrations will be accepted at the discretion of the instructor. To register and dates of classes, call 1-888-234-1294.



"BUZZ Coffee" now selling gift cards...buy for your friends and family!

The coffee is delicious! Join your neighbors for a cup or two. Get the local BUZZ and either warm up or cool down with our iced drinks. The prices are fabulous!

VOLUNTEER OPPORTUNITIES

Project GO -

Teaching Hand-Sewing to Students

Project GO (Grandparents Organized) is a fun, intergenerational volunteer opportunity. Volunteers meet 3rd graders in the elementary schools to teach them how to hand-stitch a t-shirt into a fluffy pillow. For more info, call Jane at 651-425-6652.

Do you have Too Much Stuff?

Time to Downsize...Donate to Stone Soup!

Here is a good community resource for you! Stone Soup Thrift shop is looking for gently used clothing, shoes, boots, mittens, scarves, household items and small furniture. Call 651-458-9786 for more information. Are you interested in volunteering? Opportunities have flexible hours.

Gathering - Woodbury Baptist

Join the volunteers in your neighborhood who enjoy making a difference in the lives of people experiencing early to mid-stage memory loss. Coordinated by Lyngblomsten, this group offers a day of respite to the caregivers of people with memory loss. The group meets on the 2nd & 4th Tuesday. To learn more, contact Betsy Hoffman at 651-414-5291.

Menu



Espresso Beverages & Iced Drinks

	<i>Small</i>	<i>Medium</i>	<i>Large</i>
<i>Mocha</i>	1.50	2.00	2.50
<i>White Mocha</i>	1.50	2.00	2.50
<i>Turtle Mocha</i>	1.75	2.25	3.00
<i>Latte'</i>	1.25	1.75	2.25
<i>Cappuccino</i>	1.25	1.75	2.25
<i>Mint Mocha</i>	1.75	2.25	2.75
<i>Chai Tea Latte</i>	1.75	2.50	3.00
<i>Hot Chocolate</i>	1.75	2.50	3.00
<i>Americano</i>	1.00	1.25	1.50
<i>Coffee of the Day</i>	.75	1.00	1.25

All Medium

<i>Italian Soda- add any flavor below</i>	1.50
<i>Italian Cream Soda (with whipping cream)</i>	1.75
<i>Iced Vanilla Latte</i>	2.00
<i>Iced Turtle Mocha</i>	2.25
<i>Iced White Mocha:</i>	2.00
<i>Iced Americano</i>	1.25

Flavors: Almond, *Caramel, Cherry, Cinnamon, Coconut Dark Chocolate, Hazelnut, Macadamia Nut, Peppermint, *Raspberry, *Vanilla, White Chocolate.

*Sugar Free options available.

Add a flavor or whipping cream to any beverage for \$.25 small, \$.50 medium, \$.75 large
Most available in decaf.

Tiny Footprint Coffee - Roastery 7 Beans

WE LOVE COFFEE TOO.

Happening Here...

Mondays

- Recycle Cards:** 1st Monday, 9:30 a.m.
- Farkle:** 10:15 a.m.
- Bingo:** 1:30 p.m.
- Grief Group:** 1st & 3rd Monday, 6:30 p.m.
- Pickleball:** 3:15 p.m.

Tuesdays

- Ginny's Foot Care:** First Tue. & Fri.
(must pre-register)
- Lighten Up:** 9:00 a.m.
- Pinochle:** 9:30 a.m.
- Exercise Classes:**
Tue. & Thu., 9:45 a.m.
- Mah-Jongg:** 12:30 p.m.
- Mexican Train Dominoes:** 1:00 p.m.
- Book Discussion:** 2nd & 4th Tues, 1:00 p.m.
- Diabetes Group:** 3rd Tue., 6:30 p.m.



Music Jam is ready to entertain you on Thursdays. Bring your friends and listen to the oldies but goodies! Darrel and his mother will be there along with other talented musicians.

Wednesdays

- Bowling:** 9:00 a.m.
at Park Grove Lanes, St. Paul Park
- Craft Group:** 9:00 a.m.
- Dominoes:** 9:30 a.m.
- BYOFF - Potluck -** 4th Wed, 11:00 - 12:30 p.m.
- Yoga Sit & Stretch:** 9:45 a.m.
- Bridge:** Wed. 12:30 p.m.
- Cribbage:** 1:00 p.m.
- Card Making:** 3rd Wed: 1:00 p.m.
- Pickleball:** 3:15 p.m.

Thursdays

- Footcare:** 4th Thur: 9:00 a.m.
- Craft Group:** 9:00 a.m.
- Exercise Classes:**
Tue. & Thu., 9:45 a.m.
- Hand & Foot:** 12:30 p.m.
- Music Jam:** 2:30 p.m.



Fridays

- Bunco:** 1st & 3rd Fri. at 9:15 a.m.
- Euchre:** 9:30 a.m.
- "500" Cards:** 1:00 p.m.
- Pickleball:** 3:15 p.m. novice



MARCH Birthdays

Steven Milner	2nd	Barb Schaber	13th
Cheryl Eliason	4th	Luella Schmitz	13th
Margaret Fischer	4th	Dee Hoffman	14th
Annette Loer	5th	Pat Kane	16th
Marlene Hicks	6th	Paul Paulsen	17th
Mike Romanchuk	7th	Mary Wilbourn	21st
Nancy Barlow	9th	Star Cox	22nd
Katherine Schroeder	9th	Betty Orme	23rd
Serena VanHorn	9th	Rosemary Beard	25th
Don Bromenschenkel	11th	JoAnn Moore	27th
Reenie LePage	11th	Beverly Tiffany	27th
Sheila Colbert	12th	Robert Rath	28th
Judy Lawhon	12th	Carol Stanton	31st

APRIL Birthdays

Julia Bild	1st	Larry Tastad	17th
Carla Dubois	2nd	Shirley Williams	17th
Barb Peterson	6th	Burnell Hanson	18th
Dennis Blake	7th	Louise Overland	22nd
April Braucks	7th	Jean Schmitz	25th
Jean Smith	10th	Jacque Horner	26th
Roberta Butek	11th	Linda Swanlund	29th
Pat Dussik	14th	Pat Halter	30th
Carol Bannister	17th		



DPC Community Center serving 50+

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55016-3324

South Washington County Schools
Community Education
8400 E Point Douglas Road
Cottage Grove, MN 55016
651-425-6650

To your Health... Cardio, Balance & Strength

Exercise Classes for Overall Wellness

YMCA instructors are here on Tuesdays and Thursdays. Get stronger while strengthening muscles and increasing flexibility to feel better. Strengthening muscles with weights is essential for bone density and everyday tasks.

Tuesdays/Thursdays | 9:45 AM

Cost is \$5 per session

Yoga Sit and Stretch - Flexibility and Breathing

The goal is for your body to feel better, prevent injury, and increase range of motion. The cost is only \$5 per session. There is no charge for Humana or Silver Sneakers Flex Program participants. Bring your membership card.

Wednesdays | 9:45 AM

Cost is \$5 per session

Pickleball is Back...grab your tennis and come!

Sweeping the nation as a Boomers sport and a great workout, join your friends at the DPC Community Center. Play is only \$3 per session. There is a novice practice on Fridays for beginners. Nets, balls and rackets are available.

Mondays | 3:15 PM - 5:15 PM

Wednesdays | 3:15 PM - 5:15 PM

(novice) Fridays | 3:15 PM - 5:15, (regular play) 5:30 PM - 7:30 PM

Cost is \$3 per session

Tai Chi - Improve Your Balance and Breathing

Using three major components; movement, meditation and deep breathing. Tai Chi is composed of slow, deliberate movements, which enhance physical health and emotional well-being. These exercises are proven to strengthen immune function, prevent, relieve chronic pain, improve mental clarity and promote anti-aging.

Wednesdays | SR0306 | 3:00 PM

March 6, 13, 20 and 27

Cost \$20 for four sessions

Fit & Strong - RSVP Sponsorship - Free

Using hand and leg weights, therabands and music, it all comes together. Fit & Strong! includes 60 minutes of exercise and 30 minutes of group discussion. This program offers exercise/behavior change program for older adults with lower extremity osteoarthritis.

Benefits will help you:

Manage arthritis

Exercise safely

Decrease joint pain & stiffness

Improve daily function

Reduce anxiety & depression

Mondays & Fridays | Ongoing | 11:30 AM - 12:30 PM

24 sessions - MUST pre-register at 651-425-6650